

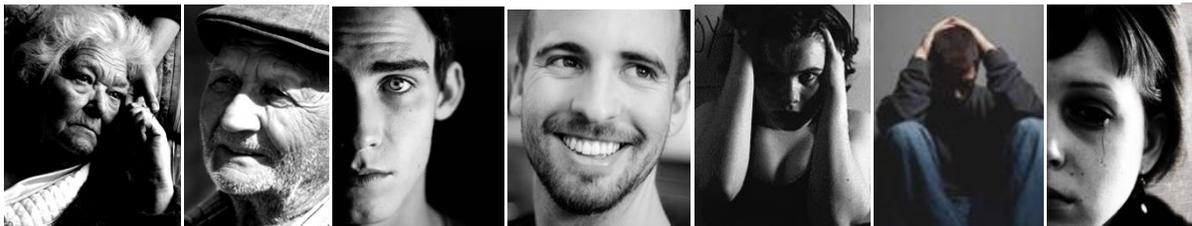
3rd Statewide Refugee Mental Health Summit

Embassy Suites Richmond

2925 Emerywood Parkway, Richmond, VA 23294

Thursday, July 7, 2016

Theme: Social Determinants of Mental Health



Conference Committee

Executive Director

Cecily Rodriguez, MPA
Director, Health Equity Advancement and
Workforce Development, DBHDS

Conference Coordinator

Eva P. Stitt, Ph.D.
Refugee Mental Health Coordinator, DBHDS

Member

Patricia Hill, PhD, LCSW
Prevention/East Center Manager
Henrico Mental Health & Developmental Services
Henrico, VA

Member

Leigh Freilich, LCSW
Therapist & Social Support Coordinator
The Women's Initiative
Charlottesville, VA

Member

Pamela Jones
Coordinator of Cultural Services and Special Projects
Mary Washington Healthcare
Fredericksburg, VA

Member

Mayra Creed
Community Outreach Worker,
Lead Interpreter, Riverside Healthcare
Newport News, VA

Member

Charlene Smith, MSW
Mental Health Program Assistant
Office of Mental Health – DBHDS
Richmond, VA

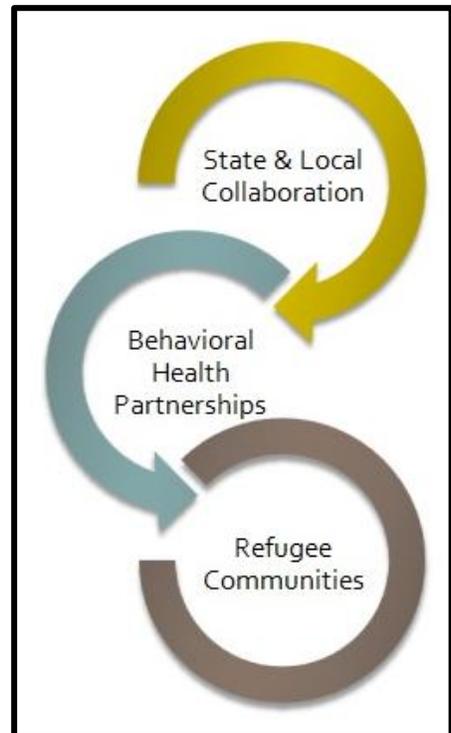
Sustainability

Key stakeholders such as agency executives, behavioral health providers, direct service workers (nurses, case managers, social workers, etc.), community support representatives, and refugee community leaders in Virginia come together to collaborate, network, and identify mechanisms to support the provision of holistic, integrated care for refugees in the Commonwealth. To ensure continuity and sustainability, a committee was formed to manage the succeeding Statewide Refugee Mental Health Summits. This year's committee members are volunteers from the DBHDS Commissioner's Cultural and Linguistic Competence Committee.

The annual **Refugee Mental Health Summit** is a gathering of agency executives, behavioral health providers, direct service workers (nurses, case managers, social workers, etc.), community support representatives, and refugee community leaders in Virginia and it aims to:

- Gather information on local and regional best practices, successful collaborative efforts, and promising practices that can help address barriers in mental health care
- Gather policy and program recommendations to expand the number of providers prepared to serve refugees in the public and private sector
- Create a venue for networking and collaboration across the Commonwealth related to refugee mental wellness and capacity building measures.

The past two summits, and with the concerted effort of state and local refugee mental health councils, significant measures towards addressing refugee mental health have been achieved, to include:



- Roanoke Language Conference for Frontline Workers was held on April 2016. It is planned to be an annual event with state and local council partnerships whose focus is strengthen workforce capacity to address the unique needs of refugee population.
- Providers Focus Groups were conducted in Hampton Roads, Fredericksburg, Harrisonburg, and Greater Richmond held between April – June, 2016.
- Trauma-Informed Mental Health Orientation for Refugee Service Workers held in May 2016.
- Navigating the Virginia Behavioral Health System, a Guidebook for Newcomers, Refugee Leaders, Community Support Partners, and Volunteers. It is distributed widely to ensure information is accurate and properly presented.
- Feeling Great! – a flexible 1-hour English-as a Second Language (ESL) curriculum about 12 basic health and mental health words for non-English proficient population. The picture chart is distributed widely to help health and mental healthcare providers to communicate with limited English proficient clients using a finger-point approach.
- Strengthening and expanding the local mental health referral system through partnerships with mental health agencies, private entities, or interested groups in local, or state levels, and schools
- Increased awareness and provision of culturally and linguistically appropriate services, by behavioral health providers, direct services professionals, as well as clinical staff
- Increased participation and involvement of agencies, groups, and interested individuals on matters related to refugees and refugee mental health through conference, trainings, or webinars
- Community-based mental health trainings were conducted using refugee developed curriculum on Community Mental Health Awareness Session (CoMHAS) and Question-Refer-Persuade Gatekeepers Program. Capacity building for QPR was considered by training the trainers.
- Contact hours provided by the Virginia Department of Behavioral Health and Developmental Services for full-day participation in the refugee summit.



The Virginia Refugee Healing Partnership

Background

The Virginia Refugee Healing Partnership is a collaborative effort of the Virginia Department of Behavioral Health and Developmental Services – Office of Cultural and Linguistic Competence and the Virginia Department of Health – Newcomer Health Program. Moving forward, it will be part of a larger effort called the Virginia Community Capacity Initiative (VCCI), which will focus on ensuring that the Commonwealth’s communities are distinguished as Welcoming Communities for refugees. The initiative is focused on strengthening the mental health collaborative in Hampton Roads, Greater Richmond, Fredericksburg, and Roanoke as well as supporting a mental health referral system in Charlottesville, and Harrisonburg. The plan for the development of similar collaborative in other parts of the state are also considered.

Purpose

The purpose of this program is to provide holistic care to refugees who see Virginia as the place of hope and refuge. Virginia resettles about 2,000 refugees from all over the world every year. The different resettlement agencies across the state ensure that the refugees’ basic needs are met. Collaboration is the key to accomplishing the mission, vision, and purposes of the program.

Local Councils

The local mental health council is a collection of community agencies and individuals who are interested in strengthening the community’s ability to support mental wellness among refugees in the area. The participation of community organizations, consumers, family organizations, volunteers, and refugee community leaders that can promote effective service delivery are valued and embraced. The creation of these councils is a part of the implementation of a statewide effort to strengthen partnerships and referral processes for behavioral health services.

Goals

1. Establish a sustainable mechanism for agency collaboration on refugee mental health issues.
2. Build a network of private providers, community service councils, local health departments, community organizations, consumers, family organizations, volunteers, and ethnic community leaders that can promote effective service delivery.
3. Disseminate a set of values, principles, and administrative policies that may enable stakeholders to work effectively cross-culturally.
4. Make policy recommendations aimed at expanding the number of culturally and linguistically competent service providers, stakeholders, and staff within the public and private sector.
5. Identify issues and provide technical support for ensuring access to language needs.

Sustainability

Different communities have different resources. To ensure that the local mental health program is sustainable, a local mental health council is created to identify and implement strategies to enhance behavioral health services for refugees in the area, provide feedback and policy recommendations to the state authorities, and work toward eliminating disparities for refugees in the mental health system.

For questions or information, email oclc@dbhds.virginia.gov



Keynote Speaker

Ruth Shim, MD, MPH

Ruth Shim is vice chair of education and faculty development in the Department of Psychiatry at Lenox Hill Hospital in New York City. Formerly, she was an associate professor in the Department of Psychiatry and Behavioral Sciences at Morehouse School of Medicine, and the associate director of behavioral health at the National Center for Primary Care. Her research interests include mental health stigma, integration of primary care and behavioral health care and mental health disparities. She is co-editor of the book, **The Social Determinants of Mental Health**, published by American Psychiatric Publishing. Dr. Shim is a Fellow of the American Psychiatric Association, a member of the American College of Psychiatrists, and a member of the Preventive Psychiatry and Fellowship Committees of the Group for the Advancement of Psychiatry.



Plenary Speaker

Mark Gorkin, MSW, LICSW
The Stress Doc™

Mark Gorkin is an acclaimed keynote and kickoff speaker as well as "Motivational Humorist & Team Communication Catalyst" known for his interactive, inspiring and FUN programs for both government agencies and major corporations. In addition, the "Doc" is a team building and organizational development consultant. He is providing "Stress and Communication, as well as Managing Change, Leadership and Team Building" programs for the 1st Cavalry Division and 13th Expeditionary Support Command, Ft. Hood, Texas and for Army Community Services and Family Advocacy Programs at Ft. Meade, MD and Ft. Belvoir, VA. Mark has also had a rotation as Military & Family Life Consultant (MFLC) at Ft. Campbell, KY. A former Stress and Violence Prevention Consultant for the US Postal Service, The Stress Doc is the author of *Practice Safe Stress* and of *The Four Faces of Anger*. See his award-winning, USA Today Online "HotSite" -- www.stressdoc.com -- called a "workplace resource" by National Public Radio (NPR). For more info on the Doc's "Practice Safe Stress" programs, go to stressdoc@aol.com <> www.stressdoc.com



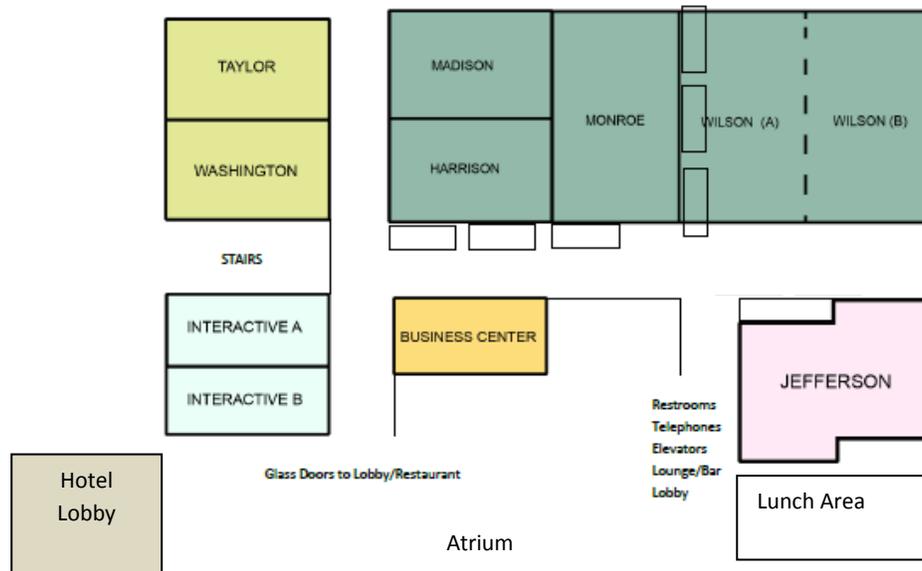
Schedule of Activities

Morning	Session	
8:00 AM	Registration, Networking, Breakfast, and Booth Visit	
8:30 AM	Opening Ceremony	
	Welcome Address	Cecily Rodriguez, MPA Director, Health Equity Advancement and Workforce Development, DBHDS
		Jill M. Grumbine, RN, BSN Newcomer Health Program Coordinator Division of Disease Prevention, VDH
8:45	Keynote Address: Social Determinants of Mental Health	Ruth Shim, MD, MPH Faculty, Lenox Hill Hospital, Department of Psychiatry and Co-Editor, Social Determinants of Mental Health
9:45	Plenary Session: Practice Safe Stress: Using Healing Humor in the Face of Stress, Burnout & Conflict	Mark Gorkin, MSW, LCSW Award Winning Author, Motivational Speaker, Psychohumorist, Consultant, Trainor, & Advocate
10:45	Break	
11:00	Focus Groups <i>Four groups will explore ways to overcome social & cultural challenges to reduce mental health risk.</i>	Facilitators & Recorders
	Agency Executives	Leisha LaRiviere, MPA & Sara Sigur
	Behavioral Health Providers	Pamela Jones & Rob Haakmeester
	Direct Service Workers	Pat Hill, Ph.D. & Eva Stitt, Ph.D.
	Community Support Representatives/Refugee Leaders	Leigh Freilich, LCWS & Charlene Smith, MSW
12:00	Lunch	
Afternoon	Session	
1:00 PM		Presenters
1	The Intersection of Domestic and Sexual Violence and the Refugee Population Room: Wilson A	Jen Miller, M.Ed. & Cindy Capriles, MSW
2	Cultural Determinants of Refugee Mental Health: Congruence, Integration, and Understanding Room: Wilson B	Brittany Keegan, MPA

3	Community Connections: Building Relationships and Resiliency in the Refugee Population Room: Washington	Rebecca Sprague, MS Ed.
4	Pathways to Qualified Cultural Navigator Program Room: Taylor	Cecily Rodriguez, MPA
1:55	Transfer between sessions	
2:05	Break Out Sessions 2	
5	The Care of Bhutanese Refugees in Charlottesville, VA Room: Wilson A	Larry Merkel , MD, MPH & Aditi Giri, MD
6	LGBTQ Cultural Awareness and Sensitivity Room: Wilson B	Lyndele von Schill, M.Ed.
7	Building Trust: Community Relations with Law Enforcement Agencies Room: Taylor	Jeff Zirkle and partners
8	The Providers Focus Group Synthesis and the Wellness Matrix Model Room: Washington	Leisha G. LaRiviere, MPA
3:00	Break	
3:15	Panel Discussion: Views from Inside the Community	Panelists
	- Represents the view of students and young immigrants	Yadav Sakopta Honor Graduate, College Student, Mentor
	- Represents the view of parents, career changers, & cultural bridge	Dhruva Mishra Parent ,Teacher, Scholar, Community Leader, and Cultural Bridge
	- Represents the view concerning women's issues, young professionals, and self-help initiatives	Reim Al Karawi Lawyer, Asylee, Community Leader, Advocate
	- Represents the view of parenting and issues of parents & children in school	Muhamed Kareem Parent, Teacher, Interpreter, School Resource Facilitator
4:30	Adjourn	
	EMCEE- Pamela Jones	

Six (6) contact hours can be provided to those who complete the conference for a full day.

Locator



Topic Descriptions and Presenters

1. The Intersection of Domestic and Sexual Violence and the Refugee Population

Presenters: **Jen Miller, M.Ed. & Cindy Capriles, MSW**

Affiliation: **Safe Harbor**



This presentation will highlight the client-centered trauma informed approach practiced at Safe Harbor and the ways of supporting clients' goals as they begin healing. Discussions will focus on the differences between Western and non-Western cultures as it relate to domestic and sexual violence. The presenters will provide an overview of complex trauma and impairments associated with brain functioning, shed light on relevant issues, provide encouragement, and show the referral process. At the end of this presentation, participants will be able to identify the red flags of abusive relationships, understand and share resources for counseling and court advocacy, and respond empathetically to stories of trauma.

Jen Miller joined Safe Harbor in 2015 as the Outreach and Education Manager and has been a volunteer since 2011. Previously, Jen was a training manager at Capital One and other organizations. Jen received her Master in Education from Virginia Commonwealth University with a concentration in Adult Learning.

Cindy Capriles joined Safe Harbor in 2015 as a bilingual Sexual and Domestic Violence Counselor. She completed her Masters in Social Work from Virginia Commonwealth University in May of 2014. Her professional training includes play and family therapy, and she holds a certificate in Trauma Focused Cognitive Behavioral Therapy.

2. Cultural Determinants of Refugee Mental Health: Congruence, Integration and Understanding

Presenter: **Brittany Keegan, MPA**

Affiliation: **International Foundation for Psychosocial Wellness**



This presentation explores how culture and mental health/mental illness are defined and understood by refugees, mental health professionals, and those working to serve refugee populations. The theoretical frameworks set forth by Thomas Szasz and Viktor Frankl, along with the “stages of cultural adaptation model,” the concept of congruence, and the interpretation of the DSM-5 definition of the “generalized personality disorder,” to discuss how differing cultural practices and/or reactions to trauma may be seen as a mental disorder, and the impact on refugee populations if/when this does occur.

Brittany Keegan holds a bachelor’s degree in marketing, a graduate certificate in nonprofit management, and a master’s degree in public administration, all from Virginia Commonwealth University. She is currently enrolled in the Ph.D. program for public policy and administration at the L. Douglas Wilder School of Government and Public Affairs at VCU, as well as a graduate certificate program for gender violence intervention. She has spent time working for several nonprofit organizations in the Richmond area, including Richmond Ballet, Henley Street Theatre, and Quill Theatre, and is currently the board president for the IFPSW and a graduate teaching/research assistant at the Wilder School. Brittany is currently working on two encyclopedia contributions to be published later this year, as well as several co-authored and single-authored journal articles. Her research interests include public policy as it relates to nonprofit organizations, violence/conflict prevention and resolution, and refugee/asylum/immigration issues.

3. Community Connections: Building Relationships and Resiliency in the Refugee Population

Presenter: **Rebecca Sprague, MS Ed.**

Affiliation: **Church World Service Harrisonburg**



This presentation will describe the evolution of the Harrisonburg “Bikes for Refugees Program” as well as other initiatives Harrisonburg CWS has spearheaded to support refugees as they adjust to life in their new community. These programs function under the idea that multiple webs of support, connections with others in society, and opportunities to contribute to the community strengthen refugees’ resiliency while increasing awareness of and support for local refugee populations and resettlement agencies. Through group discussions, participants will share ideas that have worked in their communities and discuss how resource sharing and community connections can defray some of the cost and workload associated with running refugee support programs.

Rebecca Sprague is the Community Program Coordinator of the Harrisonburg office of the CWS Refugee Resettlement Program. Her work involves developing programs to support arriving refugees and to ease their integration into the Harrisonburg community. These

include the Linking Community Program which trains local families to partner with arriving refugee families and the Peer Leader Program which trains refugee high-school students to mentor newly-arrived peers. Rebecca has a BA in South Asian Studies from Oberlin College and an MS in Education from the University of Rochester, NY. She has lived in both India and Germany and taught in both New York and Michigan before moving to Virginia.

4. Pathways to Qualified Cultural Navigator- Behavioral Health

Presenter: Cecily Rodriguez, MPA

Affiliation: Department of Behavioral Health & Developmental Services



This presentation will introduce the DBHDS Qualified Cultural Navigator credential. This is a new workforce development program which is designed to support a culturally and linguistically appropriate workforce as well as provide an employment pathway for immigrants and refugees with health and mental health experience from their home country, and non-refugees with extensive background helping the immigrant and refugee populations.

Cecily Rodriguez has been developing, implementing, and evaluating programs and services that address disparities in health and human services for more than twenty years. In her role at the Department, she guides statewide policy development, interagency leadership, resource development, and system training on cultural competence, health equity, and language access services. Cecily is a certified Mental Health First Aid Facilitator, a member of the National Faculty for the Kaiser Permanente National Diversity Qualified Bilingual Staff Program; a Qualified Administrator for the Intercultural Development Inventory® (IDI) and a Certified Facilitator- QPR Gatekeeper Training for Suicide Prevention. Prior to this position, she directed non-profit workforce development and human service programs for farm workers and other immigrants, this work included grant writing, fundraising, grant management, policy interpretation, lobbying, and data analysis. She has completed the Bridging the Gap - Health and Community Interpreter Training Program and was included in the U.S. Department of Labor's Limited English Proficient Peer Expert Directory. Ms. Rodriguez has a degree in political science with a minor in international relations from Virginia Commonwealth University and a Master's in Public Administration with concentration in Organizational Development from Virginia Tech.

5. The Care of Bhutanese Refugees in Charlottesville, VA

Presenters: Richard Lawrence Merkel, Jr. MD, PhD and Aditi Giri, MD

Affiliation: University of Virginia



This session will discuss the psychiatric presentation and treatment of Bhutanese refugees and an understanding of their community and the stressors that impact upon this community so that other care givers may develop an understanding of the unique needs and qualities of this community.

Dr. Larry Merkel is an Associate Professor, Department of Psychiatry and Neuro-Behavioral Sciences at the University of Virginia in Charlottesville. On top of his clinical practice, research, teaching, and mentoring jobs, he is also involved in the smooth operation of the UVA International Family Clinic, a specialized center where refugees resettled in Charlottesville obtain health and mental health care under one roof. Dr. Merkel also holds a Ph.D. in Anthropology. Recently, he was awarded the [On-Time Doctor Award \(2015\)](#).

Dr. Aditi Giri is a resident at the Department of Psychiatry and Neuro-Behavioral Sciences at the University of Virginia in Charlottesville. She completed Bachelor of Medicine Bachelor of Surgery (BMBS), a medical degree from abroad. As a professional and a student in an organized health care education/training program at UVA, she is very passionate about Asian groups.

6. LGBTQ Cultural Awareness and Sensitivity

Presenter: **Lyndele von Schill, M.Ed.**

Affiliation: **Safe Space – Charlottesville**



This session will focus on LGBTQ cultural awareness, with emphasis on appropriate terminology and respectful, culturally sensitive communication. During the session, we will discuss ways to create a ‘safe space’ for LGBTQ family, friends, and colleagues, especially in the context of emigration, and the intersection of LGBTQ identities with refugee and immigrant experiences.

Lyndele von Schill has a lifelong interest in the many ways which people are both similar and unique, and enjoys exploring the ways in which our differences contribute to stronger, more robust communities. As the parent of Queer-identified adult children, she has a particular, and personal, interest in sharing information about issues related to our LGBTQ family, friends, colleagues and community. Lyndele is a founding board member of PFLAG Blue Ridge and C’ville Pride, and is a current volunteer with both organizations. She is also a volunteer with the Charlottesville Area Safe Space Training coalition, and ROSMY Charlottesville. In her professional life, Lyndele is the Director of the Office of Diversity & Inclusion at the National Radio Astronomy Observatory.

7. Building Community Relations with Law Enforcement Agencies

Presentors: **Jeff Zirkle, SSA and partners**

Affiliation: **Virginia Fusion Center**



In this session, the presenters will highlight the transformational concept of trust as keystone in building community relationships, developing safe environments, and believing in “Guardian and not Warriors” approach in 21st century policing. Through group discussions, participants will share ideas and experiences for safe communities and develop

plans in building community relations with law enforcement agencies. Participants will be given materials, information and support in transforming plans into action.

Officer Jeff Zirkle has been a member of the Virginia State Police since 1976. He served 12 years as a uniformed Trooper before being promoted to the Bureau of Criminal Investigation in 1988. As a Trooper, he was active as a Firearms Instructor and a Tactical Team Member in addition to regular patrol duties. As a Special Agent with the Bureau of Criminal Investigation, he has served approximately 17 years in Narcotics Investigation, with a 3-year assignment to the State Police Academy teaching drug investigation based curriculum. Later he was assigned to his current position within the Criminal Intelligence Division where he has worked for the last ten years.

In addition to his State Police duties, Jeff also shares a family owned private mental health center business which is the largest in the state of Virginia and regularly serves over 700 clients a week. Both he and his wife have been involved in teaching mental health and family counseling topics in this country and abroad.

8. Eliminating Barriers to Wellness and the Wellness Matrix Model

Presenter: **Leisha LaRiviere, MPA**

Affiliation: **Virginia Tech**



This session presents the Results-based Synthesis of the Wellness Matrix and Action Resource Models to identify barriers to wellness and develop an action plan to address the mental health needs based on priorities as well as identify resources available in the local communities. Using The Wellness Matrix Process Model and the Resource-Action Grid, the presenter will show versatile use of these tools to help in stakeholder analysis, strategic planning, decision making, as well as organizational development.

Leisha G. LaRiviere, MPA is the Executive in Residence at the Virginia Tech Richmond Center. She is also an esteemed faculty member of the School of School of Public and International Affairs (SPIA), Center for Public Administration and Policy (CPAP) at Virginia Tech. Her support to the Virginia Healing Partnership, then called The Refugee Mental Health Initiative, started 2 years ago when she travelled across the state to help the local refugee mental health councils formulate their mission, vision, and goals. This year, she took the challenge of facilitating the Providers Focus Group Sessions across the state so barriers to wellness can be identified, discussed, and addressed professionally and collectively. Her experiences as marketing consultant, community leader, chief executive officer of a non-profit organization, and as a nationally certified facilitator (just to name a few) is matched by her big heart and strong advocacy for the minority and underprivileged population.

Panelists

Riem Al Karawi
Lawyer, Asylee, Community Leader, Advocate



Rema, as she is popularly called, is a former Iraqi lawyer who practiced family law in Baghdad from 2009-2013. This profession and the fame that goes with it did not come without its challenges and difficulties. One of the cases she handled was very contentious that as a result, she was threatened for her life. In 2014, Rema was forced to flee Iraq, leaving behind a prosperous life and a rewarding career that she painstakingly built, to seek asylum in the United States of America.

Her advocacy for women's rights and community service continued in her new community. She is an active member of the refugee and immigrant communities in Harrisonburg, VA. She was selected as general secretary of the New American Consultative Council, a newly formed self-help group of refugees and immigrants. Through her efforts, several statewide trainings on mental health and suicide prevention were conducted to benefit refugees and immigrants.

Adapting to her new home and hopeful for a better future, Rema invests time, money, and effort to complete a Master's in Business Administration program at BAU International University in Washington DC. In between work, school, and taking care of her elderly parents, she actively volunteers at Church World Service Resettlement and Placement Office, as well as at the New Bridges Immigrant Resource Center, both in Harrisonburg, VA.

Yadav Sakopta
Honor Graduate, College Student, Mentor



Yadav Sapkota was born in a refugee camp to a family of Nepalese-speaking *Lhotsampas*, or people from Southern Bhutan. They lived in a bamboo hut, ate rice with some viand, swim in the nearby river, and fetched water from community faucet. His world is the refugee camp until his family resettled to the United States when he was 17. The night he arrived in Roanoke, Virginia, he imagined the beautiful image of America as he saw from books, literatures, and segments from movies or television. His first frustration and disbelief came the next morning when, stepping out of the apartment, he saw the stark reality – an area devoid of all essentials of the place and luxury living that he had in mind.

Through self-determination, hard work, and strong family support, he overcame major challenges including social, economic, language, and cultural barriers. He went on to graduate high school with flying colors, and 2 years later delivered the commencement address for his graduation at Virginia Western Community College. Currently, he is pursuing a degree in Biology on full scholarship at the University of Virginia. His main struggle, like many other young immigrants, is being "Not fully Bhutanese, and not fully American". To compensate,

he works doubly hard helping to uplift the Bhutanese community, as well as tutoring and mentoring young native-born Americans.

Dhruva Mishra
Parent, Teacher, Scholar, Community Leader, Cultural Bridge



Dhruva was born and brought up in a Hindu family, the 6th sixth child in a family of 13 siblings. He is a first generation school kid, educated under the kerosene lamps and hand-made pine wax candles. He became a refugee at age 17, just a High School graduate then, due to the atrocities of the Bhutanese government towards a religious minority.

While in the refugee camp in Nepal, he saw children die on the river banks and the youths turning to drugs and violence. At age 18, he took a leading role to start a school inside the camp to educate young people about sanitation and health hazards. Untrained but passionate, he taught multiplication tables to younger kids. The project later on was funded by international agencies and became a full-fledged school which still operates today.

Dhruva came to America in November 2009, worked as a hotel receptionist and marketing manager before being hired as Assistant Professor of Mathematics at Virginia Union University, a full-time position which he holds until now. Currently, he also teaches at Mathematics at J. Sergeant Reynolds Community College. Dhruva holds an honors degree in Mathematics and Statistics from India and graduate studies in Pure Mathematics from Nepal.

Muhamed Kareem
Parent, Teacher, Interpreter, School Resource Facilitator



Muhamed Kareem came to the United States in 1997 with his wife and children from the northern part of Iraq called Kurdistan. Back then, he worked as a teacher and lived a good life until war came and situations forced them to flee the country. In the early phase of resettlement, culture and parenting posed the most challenge. Through resilience and determination, mostly to provide the children with a safer environment and an opportunity to better themselves, he and his wife persevered. After all these years, the children are now grown up and have lives of their own, and Muhammed Kareem and his wife have not left Harrisonburg, Virginia.

Currently, he works as Parent Resource Facilitator at the Harrisonburg City Public Schools. His work focuses on helping school-age children and their parents understand, adjust, and adapt to cultural and linguistic challenges so that, together with the school personnel, a better academic environment can be fostered and school-community relations are established. He is also a member of New American Consultative Council, a newly formed self-help group of refugees and immigrants whose primary goal is to help newcomers easily adapt, adjust, and integrate into their new community.

Booth Participants

- 1. Charlottesville Area Safe Space Training (CASST) coalition.** Based in Charlottesville, Virginia, CASST represents a coalition of organizations that support the LGBTQ community in a variety of ways. CAAST offers up-to-date training on LGBTQ issues to non-profits (no-cost) and businesses (low-cost). More information can be found at <http://safecville.org/>
- 2. Church World Service Immigration and Refugee Program, Harrisonburg.** CWS assists refugees with their educational, housing, employment and medical needs while promoting engagement with the community. Learn more about CWS's programs at <http://cwsharrisonburg.org/> or on face book.
- 3. North Star Therapy.** This clinic focuses on working with adolescent and adult clients who have with issues in trauma and dissociative disorders. Psychological evaluations, MSE (mental status evaluation), as well as parent competency evaluations are also available. More info at https://therapists.psychologytoday.com/rms/name/Arezoo_Khanzadeh_PsyD,LCP_Fredericksburg_Virginia_221894
- 4. Safe Harbor.** This is a social service organization whose mission is to “empower(s) survivors of sexual and domestic violence to transform their lives, and promotes healthy relationships for all.” More at <http://safeharborshelter.com/>
- 5. Susan Jacobson, RN, PMHCNS, BC, PMHNP, BC.** Susan Jacobson is a Psychiatric Nurse Practitioner who spent nine years in community-based work and achieved clinical expertise in mental health assessment, diagnosis, treatment medication management of persons with severe, persistent mental illness and substance abuse. She will be sharing her poster presentation entitled Homeless Afghan Refugee Presenting Psychiatric Symptoms: A Call to Action.
- 6. The Women’s Initiative.** The Women's Initiative is a nonprofit organization in Charlottesville that provides vital mental health services to women, regardless of ability to pay. Since 2007, The Women's Initiative has provided outpatient counseling, education, and social support to help empower women to transform challenges into change. The organization operates three free walk-in clinics each week, a program for Latina women (Bienestar), and community-based projects that support women's health and wellbeing. Interpreter services are provided for individuals with limited English proficiency.
- 7. United States Citizenship and Immigration Services.** Once refugees arrive in the United States, the USCIS is one of the first government agencies that they submit documents to obtain legal status and work permit with the assistance of case workers. There will be more contacts on matters related to family petitions, change of status, as well as application for naturalization (citizenship). There are two offices that serve Virginia – Fairfax Field Office and Norfolk Field Office. More details at <https://www.uscis.gov>
- 8. The Virginia Fusion Center.** A fusion center is a collaborative effort of state and federal agencies working in conjunction with local partners to share resources, expertise, and/or information to better identify, detect, prevent, and respond to terrorist and criminal activity utilizing an all crimes/all hazards approach. More at <http://www.vsp.state.va.us/FusionCenter/>

9. **Virginia Refugee Healing Partnership, DBHDS.** A statewide mental health initiative. Details at <http://www.dbhds.virginia.gov/professionals-and-service-providers/oclc/focus/refugee-mh>

Refugee Mental Health Council and Referral System



Charlottesville Mental Health Referral System

Support Partners: International Rescue Committee> University of Virginia -International Family Clinic



Hampton Roads Refugee Mental Health Group & Mental Health Referral System

Chair: Deborah C. Moore, RN, BSN, MPH, Nurse Manager II, Senior, Hampton- Peninsula Health Department

Support Partners: Hampton Health Department> Peninsula Health Department> Commonwealth Catholic Charities> Hampton Newport News Community Services Board> Center for Child and Family Services> Integrated Health Services> From Start 2 Finish Counseling Services, Inc.



Harrisonburg Mental Health Referral System

Support Partners: Harrisonburg Rockingham Community Services Board> Harrisonburg Health Department > Church World Service



Fredericksburg Refugee Mental Health Council & Mental Health Referral System

Chair: Laurel Collins, Asso. Director, Catholic Charities Diocese of Arlington

Support Partners: Mary Washington Healthcare > Rappahannock Area Community Services Board > Fredericksburg Health Department > Community Health Center of the Rappahannock Region > Mental Health America of Fredericksburg > North Star Therapy, PLLC > Snowden of Fredericksburg



Greater Richmond Refugee Mental Health Council & Mental Health Referral System

Chair: Stephen Allen, Site Coordinator, International Rescue Committee Richmond

Support Partners: International Rescue Committee > Henrico Community Services Board > Henrico Health Department > the Daily Planet > Bon Secours Regional Medical Center > International Foundation for Psycho-Social Wellness/Global Alternative Solutions > Integrated Health Services > Church World Service Richmond> Commonwealth Catholic Charities > Bhutanese Organization of Richmond VA



Roanoke Refugee Mental Health Council & Mental Health Referral System

Chair: Angelica Colagrecio, Medical Liaison, Commonwealth Catholic Charities

Support Partners: Commonwealth Catholic Charities > Mental Health America of Roanoke Valley > LewisGale Healthcare System> Family Services Roanoke > Carilion Clinic>Blue Ridge Behavioral

Thank You...

To our speakers and panelists who shared their valuable time and expertise so that conference participants will be updated and be well informed,

The booth and workshop presenters who offered examples, show models, and became a resource so that others may learn and/or develop new ideas,

To our volunteers and support partners whose help supported the planning, preparation and management of this conference, and

To all participants who took their time and believed in the goals of this conference.

It is our fervent hope that we will continue to be together to bring voice to the voiceless, collaborate to build a better, stronger, and welcoming community, and recognize the power of diversity that newcomers bring to our Commonwealth.

The Conference Committee